



HEALTHY HARTFORD NEWS



Pedro E. Segarra

Mayor

HARTFORD DEPARTMENT OF HEALTH & HUMAN SERVICES



Carlos A. Rivera

Director

HEALTHY WOMEN, BEAUTIFUL WOMEN



Leticia Marulanda
Deputy Director

The second annual “Healthy Women, Beautiful Women” event took place on Thursday, May 20, 2010 from 11:00 a.m. to 3:00 p.m. at Pope Park Recreational Center located at 30 Pope Park Drive. With the theme of **Living Healthy: It's My Choice**, this event celebrated the lives of over 200 women of all ages and it encouraged them to take control of their health, acquire facts that will enable them to make wise choices and learn the importance of incorporating regular physical and recreational activities in their daily routine.

Director Carlos Rivera opened this activity by offering participants the health resources available through the Department of Health and Human Services. Councilwoman rjo Winch gave a warm welcome on behalf of Mayor Eddie A. Perez and the City Council. “I am always proud of the work of the Department of Health and Human Services,” stated Councilwoman Winch. Leticia Marulanda, Deputy Director of the Department reminded all of the importance of putting oneself first in order to make the healthiest choices possible. Keynote speaker Rosaida Rosario, President of Rosario & Associates, engaged all participants, young and old, in a high energy dance as a form of exercise, followed by an inspiring talk that used her personal experiences to inspire women to “put yourself first”.



Lisa A. Davis
Chief, Public Health
Initiatives Branch, DPH



participants to their feet to have fun while exercising.

This free event offered a variety of health information, nutrition demonstrations, chair massages, facials, door prizes, lunch and a wonderful opportunity for women to share time together, connect, and network. A Zumba class at the closing hour of the event brought the

“The Mayor’s Healthy Hartford campaign succeeds because of activities like these. We are proud to serve women and families of all ages and backgrounds and in this year’s Healthy Women event, it showed! I thank the staff of the Department of Health and Human Services that worked hard to pull this beneficial activity together,” stated Carlos Rivera, Director.



Rosaida Rosario
President, Rosario & Assoc.

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Vaccinate **YOUR** Child today!



Most vaccine-preventable diseases are caused by germs that are called viruses or bacteria. Vaccines generally contain either a weakened or dead form of the virus or bacteria specific to the disease that one is being vaccinated against. Once vaccinated, your body recognizes this virus or bacteria, forms immunity and fights against it whenever it is detected.

While newborns have some protection from mom's breast milk, it is not enough; therefore, it is vital that infants are not left vulnerable because it can cost them their life. At birth, newborns will receive the Hepatitis B vaccine, but once they reach one to two months of age, infants begin a series of vaccines to form immunity and protect them.

In collaboration with the State of Connecticut, the City of Hartford Health and Human Services Department is working towards assuring that children are being immunized, one of the means being used to assure this is the Connecticut Immunization Registry and Tracking system (CIRTS). CIRTS is a computerized registry system that keeps track of children and their immunization records. The purpose is to assure that all residents from infancy to adulthood are adequately immunized against diseases that are harmful and sometimes deadly. An additional benefit of this system is that you, as the parent, have easy access to your child's immunization record at any given time with our department as well as your pediatrician.

For more information regarding vaccinations please contact your pediatrician or the Department of Health and Human Services at (860)757-4720 and ask for Patricia Ricks or Sandra Abella.



What You Should Know about Food-borne Illness



We are often warned about risks of well-known food-borne bacteria, such as Salmonella and E. coli. But did you know that these organisms are just two of more than 250 different kinds that can cause food-borne diseases? The Centers for Disease Control and Prevention (CDC) estimates that 76 million cases of food borne illness occur in the U.S. each year, and these result in 325,000 hospitalizations and 5,000 deaths. Most of these illnesses are caused by a variety of bacteria, viruses, and parasites and the remaining are poisonings triggered by harmful toxins or chemicals.

The Department of Health and Human Services works, in coordination with the state Department of Public Health, to assure the best possible investigation and a rapid response to food-borne illness outbreaks. Essentially, an investigation involves determining how food was prepared and interviewing people – both healthy and sick – exposed to the suspected food. There is no one syndrome that constitutes food-borne illness – the different diseases have an assortment of symptoms. However, because the microbe or toxin enters the body through the gastrointestinal tract, the first indications of food-borne illness are often nausea, vomiting, abdominal cramps, and diarrhea.

“As public health officials, we must know which agents make people sick in order to obtain proper clinical specimens for laboratory tests. We then use the results of these tests to identify which foods are likely culprits in connection with the illness,” stated Tung Nguyen, Epidemiologist.

You can reduce your risk of getting food-borne illnesses by following these food safety basics: 1) practice good personal hygiene, 2) cook foods adequately, 3) avoid cross-contamination, 4) keep foods at safe temperature, and 5) avoid foods and water from unsafe sources. **For more information about or to report food-borne illness, please call the Department of Health and Human Services, Environmental Division at (860) 757-4760.**



GROW WITH ME!

Developing a Healthy Relationship With Food and the Environment

HARTFORD FOOD SYSTEM



The most recent partnership between the Hartford Department of Health and Human Services and the Hartford Food System will result in a new, exciting project designed to promote a healthy relationship with food and our environment, all the while strengthening family relationships across generations!

The “Grow With Me” project will bring together participants of all ages to plant, care for, grow and harvest vegetables on an ideal site next to the Parker Memorial Community Center at 2560 Main Street. Participants have been recruited through local Early Learning Centers, the Northend Senior Center, Mahoney Village and the North East/Clay Arsenal neighborhood at large. Families with young children, grandparents raising grandchildren and youth participants from the community center will work together to prepare and plant the vegetables needed to “grow a pizza,” as well as fruits like strawberries that everyone can enjoy as a healthy snack. Come harvest time, all participants will come together to learn how to prepare the fruits of their labor, particularly by preparing healthy pizzas to share.

The main goals of “Grow With Me” include:

- Educate families on the importance of healthy and healthful eating habits
- Develop a healthy relationship with our environment
- Connect families with the opportunity to prepare, grow and consume nutrient rich vegetables and herbs in a conducive environment
- Engage community leaders in acknowledging and addressing the nutritional needs of their community members

For more information, do not hesitate to call **Carmen Chaparro at 860-757-4700.**

HOUSEHOLD ALTERNATIVES FOR REDUCING TOXIC PRODUCTS IN YOUR HOME

If you are interested in using products around your home that are safer for your family and the environment than many commercially available cleaners, you are not alone. Hazardous chemicals can often be found in common cleaning products. By reading product labels you can avoid buying cleaners that may harm your health. For example, products containing chlorine bleach or ammonia are highly irritating to the lungs. Because companies are not required to list ingredients, you may not be able to tell if ingredients like these are in the product. Protect yourself by looking for the signal words on product labels. There are less hazardous alternatives to many cleaning products available in most stores, or you can make your own.

For less than \$20 you can assemble a cleaning kit that will

help you do the job of cleaning without incurring any risks to your own health or the health of your family. For healthy cleaning solutions that you can make at home go to <http://www.ct.gov/dep> and look for the document “Breathe Easy While Cleaning.”

To request a printed copy of this guide in English or in Spanish call **Rita Kornblum, Health Educator at the City of Hartford Health and Human Services Department at 860- 757-4727.**





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EMPLOYEE RECOGNITION

Staff of the Department of Health and Human Services Shine!



City of Hartford Administrative Analyst **Yanira Rodriguez** who is the mainstay of the Community Court's Social Services Team, was recognized by the City for her hard work and dedication to those she serves with an Official Citation from Mayor Perez, presented to her at the State Capitol.



Congratulations to **Reinaldo Rojas**, MSW, Project Director of the Metro Prevention Coalition, selected as a 2009-2010 Vicki and Michael Konover Fellow. This Graduate Fellowship in Social Work provides scholarships to outstanding students in the Ph.D. program.

Our Director, **Carlos Rivera** has been selected as one of the 2010 recipients of alumni membership into the Delta Omega Honor Society, Beta Rho chapter. Election for membership into Delta Omega is a great honor that reflects the dedication of an individual to quality in the field of public health and to protection and advancement of the health of all people. Mr. Rivera was elected because his commitment to professional excellence in public health has greatly benefited the field and the MPH program at the University of Connecticut.



Carmen Sanchez,

Confidential Secretary to the Director and the "glue that holds the team together" recently received 2 great honors: She was honored with the "Personalities Behind the Scenes" award given by the Shaheen Brazilian Cultural Center. As if that wasn't enough, Carmen was selected to be a recipient of the Secretary of the State Susan Bysiewicz' Public Service Award. ¡Felicidades Carmen!



A Job Well Done!